

For Immediate Release  
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***Life in the Tides Appears in Print at Cape Cod National Seashore***

*Life in the Tides*, a brand new full color publication, authored by naturalist Rebecca Arnoldi, has hit the shelves of the Cape Cod National Seashore bookstores, and promises to be a best seller. Cape Cod National Seashore's bookstores are operated by Eastern National, a non-profit organization, which at times engages in publication of special topics for the National Park Service. This recent publication fills an important gap in natural history offerings about the Cape's spectacular tidal environments.

Mike Whatley, coordinator for Eastern National operations at Cape Cod, says that "this book is filled with beautiful color photos, and fascinating naturalist notes about the life forms of our tidal flats and near shore areas." The 36-page publication is the completion of a one-year project initiated by the author, who was a summer ranger at Cape Cod National Seashore for many years.

*Life in the Tides* can be purchased at Eastern National bookstores located at the Salt Pond Visitor Center, off of Route 6 in Eastham, and at Province Lands Visitor Center, located off Race Point Road in the Province Lands. The book sells for \$8.95.

Also updated and currently available, is naturalist and former Ranger Fred Richardson's classic, *Seashells of Cape Cod National Seashore*. This attractive illustrated publication covers virtually all of the shellfish found on Outer Cape Cod. It can also be purchased at Eastern National bookstores located at Seashore visitor centers. For more information, call Salt Pond Visitor Center at (508) 255-3421.

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